

HEALTH MATTERS

CINCINNATI HEALTH DEPARTMENT NEWSLETTER

MAY 2019

Vol. IX Issue V

“We Know Health Matters”,
CHD’s show on Citicable,
Time Warner Ch. 23.

Playback Times

Mon	9, 11 a.m.
Wed	5 p.m.
Thur	2 p.m.
Fri	9 a.m.
Sun	3 p.m.

Also available online on Vimeo



If you have anything you would like to
share in the newsletter please send

information to Marla Fuller at
marla.fuller@cincinnati-oh.gov

CHD= Cincinnati Health
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Women’s Health Week is May 12 - 18

The 20th annual National Women's Health Week kicks off on Mother's Day, May 12, and is celebrated through May 18, 2019. This week is an observance led by the U.S. Department of Health and Human Services Office on Women's Health. The goal is to empower women to make their health a priority.

May, and its focus on Mother's Day, is a perfect time to schedule a well-woman checkup and preventive screenings. Many health insurance plans now offer preventive services for women at little or no cost. Preventive care can help detect problems early, when treatment is more effective.

The CHD and UC Health have partnered for several years to offer women in the community top notch preventative health services. Under the direction of Dr. Elizabeth Kelly, CHD health centers provide preventative services recommended by the CDC including breast and cervical cancer screening. “This partnership has been instrumental in ensuring that women and families in Cincinnati are healthy and have opportunities for quality health care,” emphasizes Dr. Jennifer Mooney, Division Director, Family Health. “Many thanks to the UC Division of Community Women’s Health Team for all you do for the women in our community!”

Women are caregivers for so many. Taking care of you is as important as taking care of others. The CHD offers the following reminders on self-care:

Prioritize Mental Health

Keep your mind and body healthy. There is emerging evidence that positive mental health is associated with overall health. Getting enough sleep impacts how you feel and perform during the day. Most adults need 7-8 hours of sleep each night.

Get Moving

Physical activity is one of the most important things you can do for your health and has many benefits including lowering your risk for diabetes, osteoporosis and heart disease—the leading cause of death for women.





CHD School-Based Health Centers offers integrated health services

The CHD school based health center at The Children's Home of Cincinnati (CHOC) is located in a wooded area off Duck Creek Road in Madisonville. The health center opened in August 2016.

What makes The Children's Home location unique is that it offers integrated health services for students attending The Children's Home and Schroder Paideia High School. CHD providers work closely

with the Children's Home's Staff to encourage CHOC patients and families to receive primary care which includes: well child exam, sports and work physicals, immunizations, sick visits, management of chronic conditions, referrals, and lab work.

We offer an individualized circle of care and support to the students, staff, and families we serve. As part of the school and adolescent health center, we offer our services to the students of the Children's Home as well as Schroder Paideia, but we also offer our services to the community at large serving the greater Cincinnati area in hopes of assisting our patients to be the healthiest they can be.

The health center contains four exam rooms for children and adults. Healthcare services are provided by a nurse practitioner, medical assistant, and case work associates. A pediatrician is also on-site one half day a week for specialized care. For more information on student health and school based health centers, please contact School and Adolescent Health at 513-357-2808.

Events & Shout Outs!



CHD welcomes May 2019 new hires, [Katherine Orth](#), Dietitian, WIC Program (pictured at left)

[April Abaecherli-Shore](#), Nurse Practitioner; [Toni Binford](#), CWA; [Angela Bredestege](#), CCPC; [Courtney Greenwood](#), Dentist; [Amy Heath](#), Public Health Nurse 2; [Kelly Holtel](#), Public Health Nurse 2; [Mary Jo Rose](#), Public Health Nurse 2 and [Christine Tarter](#), Public Health Nurse 2.

Friday, May 31, 9:00—11:00 a.m.—Addiction Crisis and Narcan Training, Metropolitan Sewer District (1081 Woodward Avenue, Rooms 104-106)

Saturday, June 1, 10:00 a.m.—Walk in Awareness, Celebrating National Cancer Survivors Day; 1701 Mercy Health Place in Bond Hill (Two mile walk; Free health screenings and Party on the lawn with DJ Bill.

Thank you to UC Health for your partnership at Cincy Cincy 2019! Because of you, we were able to provide Body Mass Index and Blood Pressure Screenings. We appreciate you!



Know the difference! Spring weather brings possibility of tornadoes

A Tornado **WATCH** means a tornado is possible. A Tornado **WARNING** means a tornado has been sighted by weather radar and there is eminent danger to life and property. Common tornado danger signs include: dark, ominous storm clouds, cloud of debris, large hail and funnel clouds or a roaring sound.

Stay informed about watches and warning through local media or a NOAA weather radio for updated information and safety instructions.

Preparation is a key safety element! The Greater Cincinnati area often has tornado sightings and touchdowns during the Spring and early Summer months. It is important to have a plan of action before a tornado occurs.

Here are some safety tips to remember during the season.

- Identify a safe place in your home – the basement, an interior room (like a closet) on the lowest floor possible with no windows.
- If you are in a high-rise building – pick a hallway in the center of the building if there is not enough time to get to the lowest floor.
- If you live in a mobile home, choose a safe place in a nearby sturdy building or designated shelter at the mobile home park.

Prepare for high winds by cutting back diseased or damaged tree limbs in your yard. Store or secure lawn furniture, trash cans, hanging plants or anything outside of your home that could be picked up by high winds.

Emergency preparedness kit should include: flashlight and batteries, first aid kit, emergency contact numbers, copies of personal documents (medication list and pertinent medical information, proof of address, deed/lease to home, passports, birth certificates, insurance policies), cell phone and chargers and extra cash/your credit cards.

Just add water!

Getting enough water every day is important for your health. Healthy people meet their fluid needs by drinking when thirsty and drinking with meals. Most of your fluid needs are met through the water and beverages you drink. However, you can get some fluids through the foods that you eat.

Water helps your body:

Keep your temperature normal
Lubricate and cushion joints
Protect your spinal cord and other sensitive tissues
Get rid of wastes through urination, perspiration, and bowel movements

Your body needs more water when you are:

- In hot climates
- More physically active
- Running a fever

**If you think you are not getting enough water, these tips may help:**

- Add a wedge of lime or lemon to your water.
- Choose water instead of sugar-sweetened beverages.
- Carry a water bottle for easy access when you are at work or running errands.
- Freeze some freezer safe water bottles. Take one with you for ice-cold water all day long.



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Adults should do at least 2 hours and 30 minutes each week of aerobic physical activity that requires moderate effort. Strength and balance training can help reduce the chances for falls. One out of three older people fall each year and women fall more often than men.

Enjoy Healthy Foods

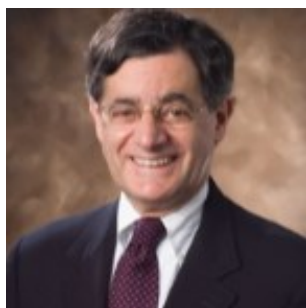
A healthy eating plan includes fruits, vegetables, whole grains, fat free and low-fat milk and other dairy products, lean meats, and is low in salt, saturated and trans fats, and added sugars.

A multivitamins helps ensure a woman is getting her recommended daily requirement of nutrients.

Practice Healthy Behaviors

Daily decisions influence overall health. Small changes will set a good example for others in your family. Avoid unhealthy behaviors, such as smoking, texting while driving, and not wearing a seatbelt or bicycle helmet. Use prescription drugs only as directed by a health care provider. About 18 women in the U.S. die every day of a prescription pain-killer overdose.

Before you schedule your next appointment review your family health history and write down any questions or issues you may have, and take it with you.

A Message from the Board of Health

Phil Lichtenstein, MD
Board Chair

This year marks the 70th year of observing Mental Health month. Since 1949, health organizations have worked to raise awareness about mental health and fight the stigma. Monitoring mental health, especially in young children, is key to establishing important life skills -like coping and adapting - to build resiliency to become better problem solvers throughout life.

Our bodies don't separate mental and physical health like our health care system does. We know that the underlying environment - the "social determinants" of health - plays a role in the development of both physical and mental health conditions. The Board of Health is working to develop partnerships to expand the availability of behavioral health services at all Cincinnati Health Department Health Center sites for both adult and pediatric patients to create a more resilient community.

We know that some common tools and strategies - such as animal companionship, humor, spirituality, work-life balance, recreation, and social networking - lead to improvements in both physical and mental health. During Mental Health Month, we encourage you to find ways to take care of you and your loved ones' mental health to build strong, resilient lives.

Have you ever wondered, what is a federally qualified health center? A Federally Qualified Health Center is a reimbursement designation from the Bureau of Primary Health Care and the Centers for Medicare and Medicaid Services of the United States Department of Health and Human Services. This designation is significant for several health programs funded under the Health Center Consolidation Act.



According to the Health Resources and Services Administration (HRSA), federally qualified health centers receive funding under Section 330 of the Public Health Service Act. These health centers qualify for enhanced reimbursement from Medicare and Medicaid, as well as other benefits. Criteria include: serving an underserved area or population and offering a sliding fee scale.

Providing comprehensive services (either on-site or by arrangement with other providers), including:

- Preventive health services
- Dental services
- Mental health and substance abuse services
- Transportation services necessary for adequate patient care
- Hospital and specialty care

In addition, federally qualified health centers have an ongoing quality assurance program and a governing board of directors.

The City of Cincinnati has seven community health centers, four of them with dental centers, the Crest Smile Shop and 13 school based health centers, three with dental and two with vision centers. **To schedule an appointment at one of our health centers call 513.357.7320.**

Prevent bed bugs from ‘bugging’ you during Spring travel

Bed bugs are small, flat, parasitic insects that feed solely on the blood of people and animals while they sleep, hence the name. Bed bugs are experts at hiding. They can fit into the smallest of spaces and stay there for long periods of time.

Bed bugs are usually transported from place to place as people travel. The bed bugs travel in the seams and folds of luggage, overnight bags, folded clothes, bedding, furniture, and anywhere else where they can hide. Most people do not realize they are transporting stow-away bed bugs as they travel from location to location, infecting areas as they travel. Bed bug bites usually do not pose a serious medical threat. The best way to treat a bite is to avoid scratching the area and apply antiseptic creams or lotions and take an antihistamine. Bed bug infestations are commonly treated by the use of insecticides.

If you suspect that you have an infestation, contact your landlord or professional pest control company that is experienced with treating bed bugs which is very important,” adds Antonio Young, Environmental Health Director.

“The best way to prevent bed bugs is regular inspection for the signs of an infestation. Since bed bugs do not carry disease, the Cincinnati Health Department does not regulate them.”

CHD provides public information to citizens at their request through our Healthy Homes Program. Citizens may call the Healthy Homes program at (513) 352-2908.



Controlling blood pressure

High blood pressure is a common and dangerous condition. It is called the “silent killer” because it often has no warning signs or symptoms, and many people do not know they have it. That’s why it is important to check your blood pressure regularly.

Having high blood pressure means the pressure of the blood in your blood vessels is higher than it should be. But you can take steps to control your blood pressure and lower your risk of heart disease and stroke.

According to the Centers for Disease Control and Prevention, about 1 of 3 U.S. adults—or about 75 million people—have high blood pressure. Only about half (54%) of these people have their high blood pressure under control. Many youth are also being diagnosed with high blood pressure. This common condition increases the risk for heart disease and stroke, two of the leading causes of death for Americans.

The good news is that you can take steps to prevent high blood pressure or to control it if your blood pressure is already high. Lifestyle changes can help you control your blood pressure.

- **Diet.** Eat a healthy diet that is:
 - Low in salt (sodium), total fat, saturated fat, and cholesterol.
 - High in fresh fruits and vegetables.
- **Be active.** Try taking a brisk 10-minute walk 3 times a day 5 days a week
- **Do not smoke.** If you smoke, quit as soon as possible.



These lifestyle changes for blood pressure control are similar to those for preventing high blood pressure.



Asthma—What is it?

Asthma is one of the most common health problems in Cincinnati and the nation, especially among inner-city and preschool-aged children. Recently, the number of people with asthma has grown at such a rapid rate that it is called an epidemic.

Asthma is a disease that affects your lungs. It is one of the most common long-term diseases of children, but adults can have asthma, too. Asthma causes wheezing, breathlessness, chest tightness, and coughing at night or early in the morning. If you have asthma, you have it all the time, but you will have asthma attacks only when something bothers your lungs.

In most cases, it’s not completely understood what causes asthma, and there is currently no cure. We know that if someone in your family has asthma you are more likely to have it.

“At certain times, asthma makes it hard to breathe. If your child has asthma, his or her airways get sore, swollen and very sensitive,” stated Yury Gonzales, MD, Medical Director, CHD. “They react strongly to things that your child is allergic to or finds irritating. When this happens less air goes into the lungs. An asthma attack is when someone with asthma wheezes (makes a whistling sound when breathing), coughs, has a tight chest, and has trouble breathing, especially at night and early morning,” Dr. Gonzales explained.

Although asthma can’t be cured, these attacks can be managed, allowing kids with asthma to lead active lives. Dr. Gonzales emphasized that if your child has asthma, it is very important that you see a doctor to develop and stick to an asthma action plan for your child. This may include taking medicine. It is also important that you do not smoke. Smoking will make your child’s asthma worse. Help your child avoid contact with things that might cause an asthma attack such as tobacco smoke, cockroaches, dust, dust mites, pets, mold, and some chemicals.

“These items are called ‘triggers’ because they may start an attack. Triggers vary from person to person,” said Dr. Gonzales. “Even babies can have asthma. If your family has a history of allergies and/or asthma, your baby may be more likely to develop asthma. It may first show up as several days of wheezing after a cold, or a tight-sounding cough at night. If you notice your baby has wheezing, coughing, trouble breathing, or shortness of breath, take him or her to a doctor to be checked.” For an appointment at one of CHD’s health centers, call 513.357.7320.

John Dunham and Todd Dudley, A Dynamic Duo Named CHD's Employees of the Month

It is with great enthusiasm that I announce John Dunham and Todd Dudley as the Employees of the Month for May 2019! Normally, the Cincinnati Health Department (CHD) celebrates one employee each month. This month however, the voting committee and senior leadership team had too much of a difficult task to acknowledge one without the other.



Although both men work very closely together and their job responsibilities often overlap, each individual brings their own knowledge, hard work, dedication, personality and team spirit to the organization. As Senior Environmental Safety Specialists, Mr. Dunham and Mr. Dudley have collectively 32 years of service to the Cincinnati Health Department; John having worked here for 25 years, and Todd 7 years (although he worked for the Sharonville Health Department (5 years), and Hamilton County Public Health (6 years) before coming to CHD).

As a team, this dynamic duo partner to develop, train on exercises, evaluate and revise emergency plans and protocols (including fire drills, Ebola and other communicable disease or disaster situations). They work around the clock, responding 24-7 as needed to emergencies in order to keep staff and community alike, safe and out of harm's way. Together they also coordinate the Medical Reserve Corps and the Employee Safety Program (fit-testing, etc.).

In their role, they also inspect and evaluate the environment, equipment and processes in working areas to ensure compliance with government safety regulations and industry standards. Their chief goal is to protect the employees, customers and the environment.

Individually, John is responsible for managing the Public Health Emergency Preparedness sub-grant, while Todd manages the Cities Readiness Initiative grant.

Commissioner Moore has been working closely with John and Todd since her arrival last August, and she nominated them for Employee of the Month. She expressed that they were "deserving of the recognition because they are very pleasant, willing to step in and step up, and have a sense of urgency." Commissioner Moore described them as "true team players who have positive attitudes and exemplify the core values of CHD."

Another nominator, Sharon Hutchins, Ph.D., MPH, Supervising Epidemiologist, Communicable Disease Unit, shares Commissioner Moore's sentiment about the dynamic duo. "They consistently demonstrate a positive, can-do attitude," Hutchins stated. "They are also very much respected for being proactive. They exude a quiet competence and deep-expertise while being flexible and reliable."

Always on call 24-7-365, they frequently work odd and long hours. Dr. Hutchins recalled a time where they set up an entire Incident Command System response to Hepatitis A in a timely manner, despite an already heavy workload.

Dr. Hutchins also praised the team for being able to explain very complicated rules and procedures in simplified language, their extreme patience and their interest and participation in mentoring students. Dr. Hutchins described the two men saying, "John is a rock! Intelligent, knowledgeable, responsive, dependable, capable, tactful, always willing to help, and someone that you are happy to see show up in an emergency. A strong, calming and helpful presence."

She described Todd saying, "Todd is a great leader and co-worker. He does not have a chip on his shoulder, but is able to organize and lead due to his knowledge and skills and the respect he engenders in others."

Congratulations to John Dunham and Todd Dudley for being selected as the May 2019 Employees of the Month!



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